

# Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



**Air Power**  
Quote of the Week

"The way I see it, you can either work for a living or you can fly airplanes. Me, I'd rather fly."

—Len Morgan

Vol. 50, No. 6

[www.laughlin.af.mil](http://www.laughlin.af.mil)

Feb. 15, 2002

## Base observes safety day

**Compiled from staff reports**

Laughlin observed a safety stand-down day Wednesday after Gen. John P. Jumper, Air Force chief of staff, issued a directive requiring all units to take the measure no later than today.

Col. Rick Rosborg, 47th Flying Training Wing Commander, conducted several briefings at Anderson Hall Wednesday, discussing the importance of safety in all aspects of the mission and day-to-day life. (See his comments on page 2).

In the past two weeks, the Air Force has lost eight people in five off-duty vehicle mishaps. That makes 20 off-duty deaths resulting from vehicle accidents since the start of the fiscal year.

"It's not the first time we've seen our flight and ground mishaps go up as our tempo increases, but it's

time to pause and focus," said Gen. Jumper. "We're at one of those points when it's appropriate to step back, assess our health from a safety perspective and then carry on with the work our nation is counting on us to complete."

Air Education and Training Command has also had its share of recent mishaps and fatalities. Since the start of the fiscal year, AETC people have been involved in 30 vehicle accidents, 10 of which involved motorcyclists. Four AETC members lost their lives in vehicle accidents, and two Laughlin people died in a T-37 aircraft crash Jan. 31.

"This is our worst start in the last 10 years," said Gen. Don Cook, AETC Commander. "These losses place an enormous strain on the member's family and seriously

**See 'Safety,' page 5**



Photo by Airman Timothy J. Stein

### A 'STEP' up

Col. Rick Rosborg, 47th Flying Training Wing Commander, places master sergeant stripes on Jeff Scott, 47th Communications Squadron radio maintenance NCOIC, at the communications maintenance building Monday. Scott was promoted to master sergeant under the Stripes To Exceptional Performers program, which allows selectees to sew on the new stripe immediately upon notification. The Air Force selects STEP promotees yearly based on their exceptional work performance.

## Aerospace expeditionary forces are chief of staff priority

**By Tech. Sgt. Tim Dougherty**

*Air Force Print News*

The combination of America's war on terrorism and steady state commitments worldwide has put increased strain on the Air Force's aerospace expeditionary forces. However, except for a few stressed career fields, officials at the Pentagon say normal rotations should be back soon.

"Air Force Chief of Staff Gen. John P. Jumper is committed to the AEF construct — a three-month deployment with a 12-month period at home," said Maj. Gen. Jeffrey B. Kohler, operational plans director, air and space operations

deputy chief of staff.

"Given the war on terrorism, we had to go through a momentary blip in our rotation schedule," he said. "However, it looks like we're going to be on time in bringing home about 90 percent of the people who are currently deployed. We will rotate the forces deployed for operations Enduring Freedom, Northern Watch and Southern Watch so that those who deployed first will be allowed to rotate home first to the maximum extent possible."

There are some exceptions, Kohler said. While Air Force leaders are working hard to come up with a solution, a very small number of career

fields may not be able to rotate as scheduled, he said.

"We know that there are some stressed career fields, such as security forces, combat communications and firefighters, that might have to stay a little longer," Kohler said. "But that's not to say that absolutely everyone in those career fields will be staying longer."

The deployment picture will start to come into focus by the middle of February when the Air Force begins scheduling for the rotation in March,

**See 'AEF,' page 4**

*the inside*  
**Scoop**

### Viewpoints:

Col. Rick Rosborg, 47th Flying Training Wing Commander, explains the need for safety day.

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### Sports and Health:

The 47th Aeromedical Dental Squadron preventive dentistry officer explains the risks of smokeless tobacco.

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# Commanders' Corner

By Col. Rick Rosborg  
47th Flying Training Wing Commander

## Safety is an everyday concern

Both on- and off-duty accidents have been on the rise, and the Air Force is off to its worst start in 10 years from a flying and ground safety standpoint. The Air Force chief of staff is concerned, the Air Education and Training Command commander is concerned, and I am concerned.

Wednesday the wing held a chief of staff-directed safety day to refocus everyone's attention on operational risk management, which basically means identifying hazards associated with an activity and taking appropriate action to prevent a mishap from occurring.

As you all know, Laughlin recently suffered its first fatal flying accident in almost 20 years. The safety investigation is now in progress, and I know we'll learn many valuable lessons from that.

But what we need to do is refocus, get back to basics and think about ORM and flying safety.

Laughlin's ground safety statistics are especially disconcerting: Reportable on-duty mishaps for civilians have increased 600 percent for October-December when compared to the same time frame last year. The majority of these accidents were caused by slips, trips or falls – with a lack of situational awareness being a common factor.

Another big concern is off-duty accidents. Since the beginning of this fiscal year – in less than five months' time – the Air Force has suffered 20

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*"...in less than five months' time – the Air Force has suffered 20 off-duty private motor vehicle fatalities, many of which were caused by motorcycle accidents."*

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off-duty private motor vehicle fatalities, many of which were caused by motorcycle accidents.

Trends at Laughlin that concern me are an increasing number of inat-

tentive backing and sports-related accidents. We need to incorporate safety into our daily routines – at work and at play – and apply ORM to everything we do because each of us is too valuable to our families and our work team to do otherwise.

Wednesday we took a step back and took an objective look at how we do things on and off duty. Now it's time to carry on with the work our nation is counting on us to do.

## Top Three Talk

By Master Sgt. Juanyta Ortiz  
47th Aeromedical Dental Squadron NCOIC



## Air Force career was right choice

When I entered the military in 1983, I was a recent college graduate unable to find gainful employment. While joining the Air Force was not my last choice, neither was it high on my list of career options. I assumed I'd spend four years learning a marketable trade, while paying off my college loans.

My first assignment found me less than 100 miles from my hometown. It was there that I learned medical standards, had a couple of great supervisors and found I was really enjoying myself. I re-enlisted and went overseas, where I lived just a few miles from some of my German relatives.

The one-deep position gave me an excellent opportunity to sharpen my medical skills as well as the luxury to travel. I was actually in East Berlin the day the wall came down, and I still have the flag orders to pass on to my grandkids one day.

My brief German experience came to an end due to base closure, and I was reassigned to my previous base in Texas until it closed. By this time I knew that I had made the right decision in choosing a military career. I was both competent and confident of my expertise and took great pleasure in sharing my knowledge with others.

My next assignment was to

Randolph Air Force Base, where I volunteered to deploy to Kuwait to support Operation Southern Watch. While deployed, I was involved in a C-130 mishap and it was at that defining moment that I got to see all the rewards of all my military medical training in action.

As I step into what might be the twilight of my career, I've found that I've learned more about the Air Force, human nature and myself than I had ever bargained for. I would not be where I am today if it was not for the unemployment situation I was faced with 19 years ago. I'm proud I chose to join and stay in the Air Force.



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#### Deadlines, Advertising

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Submissions can be e-mailed to:  
bradley.pettit@laughlin.af.mil  
timothy.stein@laughlin.af.mil

*"Excellence – not our goal, but our standard."*

– 47th FTW motto

### FPCON Bravo

Laughlin is currently in Force Protection Condition Bravo. All people should remain vigilant and report suspicious activity to security forces at 298-5100.

## Air Force supporters need participation

By Pat Watson

Laughlin Civil Service Aircraft Maintenance  
Public Affairs representative

Col. Rick Rosborg, 47th Flying Training Wing Commander, made a very important observation during his first Laughlin Air Force Base commanders' call. He said, in effect, that if we wanted to preserve specific amenities, benefits and other things that help us accomplish the Air Force's mission, we must become participants.

Truer words are seldom said so well. The wisdom that underpins his remarks goes beyond the filling of a square on an officer performance report or enlisted performance report in an attempt to address the question:

"How well did the ratee represent or advocate the Air Force during and after normal duty hours?"

This is an important question, but not one that should ever be interpreted as an exercise in arm-twisting to either participate in, or to support organizations and concepts in which we don't believe. On the other hand, we need to recognize this thought: No matter how many times we respond to surveys, or how many times our senior leaders go on temporary-duty-assignment to help build an Air Force vision – or other statements of need – the products ultimately sent to Congress count as single opinions in a sea of more than 270 million constituents. Unless general public consensus echoes the needs expressed by the Air Force when budget is finalized, we will not receive the dollars, manpower or equipment needed to do our bit for national defense.

Enlisting public support requires us to be par-

ticipants in public life even after our shift of paid duty concludes. The public keys on our examples to form opinions that ultimately influence decisions either for or against our military and civilian Air Force family. One of many ways to pique public interest is by getting involved with community-based chapters of public education groups like the Air Force Association.

In a recent letter to commanders, General John P. Jumper, Air Force Chief of Staff, said "Membership support of AFA, and similar professional military associations, is vital of the continued success of those organizations and its ability to support the United States Air Force."

The AFA stresses three central issues: keeping the public accurately informed about the Air Force's role in defending national interests, promoting harmony between the military and the public whom they serve, and encouraging academic education and technical training in air, space

and science technologies. In Del Rio, AFA also recognizes outstanding student pilot graduates and other Laughlin movers and shakers throughout the year.

Our local area chapter warmly welcomes and needs Laughlin's participation in AFA in order to continue its service role. Local President, Bob Bishop, needs to pass the leadership baton. He wants to dialog with anyone who would like to accept this challenging role and render a public service. Voting membership is available to military veterans, active duty, retirees and their spouses.

For more information, call Bishop at 298-4963.

***"Membership support of AFA, and similar professional military associations, is vital of the continued success of those organizations and its ability to support the United States Air Force."***

**Gen. John P. Jumper**  
Air Force Chief of Staff

## Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. If you give your name, we will make every attempt to ensure confidentiality when appropriate. If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.



*Rick Rosborg*  
**Col. Rick Rosborg**  
47th FTW Commander

## Honor guard kudos

Please accept my sincere appreciation for your concern extended to the family and friends of retired Master Sgt. Jerry R. Schmit. The Laughlin Honor Guard provided exceptional graveside services for Sergeant Schmit, which reflected great credit on the Air Force, base and themselves. We can also say the same of Wing Command Chaplain, Lt. Col. Carl J. Swanson. Chaplain Swanson extended tremendous sensitivity and compassion to the Schmit family and all who came to share their respect.

These many expressions of caring and professionalism are indicative of great quality in 47th Flying Training Wing leadership. Thanks again for exceptional support from "Team XL."

Sincerely,  
Robert E. Wood  
47th Operations Group maintenance director

## Be careful not to leak sensitive information

By Brig. Gen.  
Chip Utterback

Former 366th Air Expeditionary  
Wing Commander

I saw an e-mail that one of our warriors sent to his family and friends recently. I didn't spy on the guy; I simply read the private e-mail to his family in a nationally syndicated newspaper column.

From that e-mail and some Web sites several of our folks have established to keep family

members updated – to find them, just search for the base's name – I learned a lot that the bad guys can learn, too.

In 20 minutes I learned how many people are here, exactly where our base is located, what time we eat and how many people are in what tent at a given time. I learned what kind of airplanes we have, much about our mission, and a lot about our security – I can go on and on.

We have rules on communications for a reason. Your innocent letter, e-mail or Web site can end up on the front page. You might make us an easy target and our families won't appreciate it. Our friends and family don't understand operational security and communications security the way we do – or should.

We are at war, we have been attacked – people want to hurt us. Let's not give the bad guys a how-to manual.

## Airmanship

*Intended to help all airmen articulate the Air Force's vision of aerospace power*

### Why is centralized control and decentralized execution important?

The Air Force believes the combined concept of centralized control and decentralized execution must be applied properly to achieve the necessary integration of aerospace efforts without rigidly controlling tactical execution.

# Newsline

## Tournament volunteers needed

Volunteers are needed to help with the 31st Annual Commander's Golf Tournament April 19-21. This three-day event boasts 36 holes of golf and includes past wing commanders, squadron commanders and many from the local business community. A banquet will be held the evening of April 20. Various positions are available.

For details, call Capt. Sean McGlynn at 298-4370.

## Base blood drive scheduled

The South Texas Blood and Tissue Center will host a blood drive at the Fiesta Center from 9 a.m. to 4 p.m. Feb. 22.

For more information, call Tech. Sgt. Todd Draper at 298-6481.

## Black heritage banquet set

The wing commander encourages all base people to attend a black heritage banquet at 6 p.m. Feb. 23 at the Fiesta Community Center. The event will recognize the African-American legacy, contributions and service in America's defense. Dress is business attire and evening dress.

Country-fried chicken or slow-roast sliced beef with whipped potatoes, collard greens, blackeye peas, cornbread, giblet gravy, iced tea or coffee will be served. Cost for the dinner is \$12.95 for E-4 and below and \$15 for all others.

The guest speaker for the event will be Tymme Mitchell, and entertainment will be provided by Randy Garibay, a San Antonio native known as the godfather of San Antonio blues.

For more information, call Senior Master Sgt. Michael Vaughan at 298-5750, Joni Jordan at 298-5914 or Senior Airman Natosha Blevins at 298-5267.

## Volunteers needed for charity

Staff Sgt. William Bartram, 47th Operations Support Squadron, is seeking volunteers to help him paint and make small repairs Saturday and Feb. 23 at the Bethel Center in Del Rio. The Bethel Center is a nonprofit, charitable organization whose sole purpose is to help Del Rio needy people.

If you would like to volunteer, call Bartram at 298-5300 or send e-mail to [william.bartram@laughlin.af.mil](mailto:william.bartram@laughlin.af.mil).

## Thrift shop seeks donations

The base Thrift Shop is in need of items including furniture, household goods, electronics, baby clothes and baby items. Also needed are non-issued uniform items.

Starting in March, the only clothing that will be accepted for consignment will be spring and summer-type clothing.

The Thrift Shop is an Officer Spouses' Club affiliate, and all proceeds go directly to scholarships and other charitable donations on base and in the Del Rio community.

The Thrift Shop is open Wednesday and Friday from 9 a.m. to 1 p.m. Consignments are taken from 9 a.m. to noon.

**Fraud, waste and abuse is everyone's problem. If you know of or suspect FWA, call the FWA hotline at 298-4170.**

## 'AEF,' from page 1

he said.

"It might work out that only one or two unit type codes out of an entire civil engineering squadron might be the stressed career field," Kohler said. "We just don't know yet because we haven't gotten down to that level of fidelity."

The tremendous performance of the AEF in Operation Enduring Freedom is what caused the stress on certain career fields in the first place, Kohler said.

To ease the problems the Air Force has in stressed career fields under current requirements, about 10 percent of the people will stay deployed a little longer — some up to 135 days; others, up to 179 days, Kohler said. To cover the overlap, the second part of the solution will be to reach into the next AEF and bring replacement unit type codes forward about 45 days. Any reduction in current requirements may get the AEF cycle on track a little bit quicker, he said.

Another way to relieve some of the burden on our deployed people is to find additional airmen who normally do not deploy and place them in an AEF library.

Other fixes for stressed career fields are going to take some time and may only be resolved with increased manpower. Although the Air Force has asked for an end-strength increase of about 22,000 with 7,000 requested for this year, because of training requirements, this is more of a long-term solution, Kohler said.

"This is an extraordinary time for the Air Force and our country," Jumper recently told commanders. "The nation is grateful for the sacrifices our airmen continue to make."

## **'Safety,' from page 1**

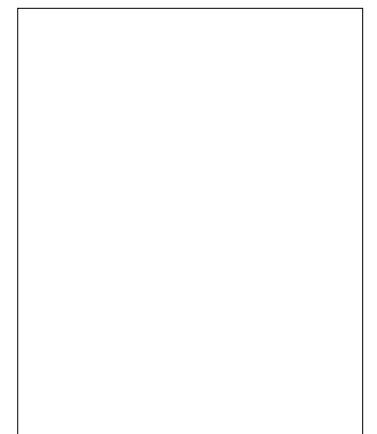
degrade units' readiness."

In most of the ground mishap incidents, Gen. Cook said people appear to have been driving in excess of posted speed limits or were driving faster than what was safe for road conditions.

"In these mishaps, our AETC members had complete control over the mishap sequence. Had they used better risk management decisions, the mishap would have been prevented," Gen. Cook said. "Allowing this adverse trend to continue is unacceptable and must be stopped by immediate and proactive intervention at all levels."

According to officials, the safety stand-down day is an opportunity to refocus and reiterate the importance of safety and sharpen personal risk management skills – the process of identifying hazards associated with an activity and taking the appropriate action to prevent a mishap from occurring.

"If our personnel extend personal risk management in their on- and off-duty activities, we could prevent recurrence of these tragic mishaps," Gen. Cook emphasized. "We must make a personal commitment to take care of each other, to accept responsibility for yourself, to take care of your buddy and mentor the personnel under your supervision in their [risk-management] skills."





# SUPT Class 02-05 members graduate today,

## Compiled from staff reports

**S**tudent Undergraduate Pilot Training Class 02-05 graduates at 10 a.m. today in the Anderson Hall auditorium.

The 52-week SUPT program prepares student pilots for the spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological and academic training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 "Tweet." In the T-37, students learn flight characteristics, emergency procedures, takeoff and landing, aerobatics and formation flying.

After primary training, the future pilots are selected for advanced in-flight training in a specialized track.

The tracks include tanker and airlift training in the T-1 aircraft; fighter and bomber training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training in a track takes about 26 weeks.

Maj. Gen. Stewart Byrne, Air National Guard assistant to the Pacific Air Forces Commander, Hickam AFB, Hawaii, will be the guest speaker for today's graduation ceremony. He advises the PACAF

***Maj. Gen. Stewart Byrne, Air National Guard assistant to the Pacific Air Forces Commander, Hickam AFB, Hawaii, will be the guest speaker for today's graduation ceremony. He advises the PACAF Commander on all matters pertaining to the Air National Guard.***

Commander on all matters pertaining to the Air National Guard.

Graduates of Class 02-05 have been assigned to aircraft at duty stations throughout the world.



**2nd Lt. Charles Hebert**  
F-15C, Tyndall Air Force Base, Fla.  
Class leader



**2nd Lt. Eric Proctor**  
C-21, Stuttgart, Germany  
Assistant class leader



**1st Lt. Michael Cardona**  
KC-135, Kadena Air Base, Japan



**2nd Lt. James Byrne**  
F-15C, Tyndall AFB, Fla.



**2nd Lt. Francisco Flores**  
C-21, Ramstein AB, Germany



**2nd Lt. Trey Forrest**  
KC-135, Forbes Field, Kan. (ANG)



**2nd Lt. Philip Gagnon**  
F-15C, Tyndall AFB, Fla.



(Courtesy photo)

Pictured are the three jets used to train Laughlin student pilots. Clockwise from left are the T-38 Talon, T-1A Jayhawk and T-37 Tweet.



**2nd Lt. Douglas Hayes**  
C-141, Wright-Patterson AFB, Ohio (AFRES)



**2nd Lt. Alexander Heyman**  
T-37, Laughlin AFB

## transition from students to Air Force pilots



**2nd Lt. Daniel Hingley**  
F-15C, Tyndall AFB, Fla.



**2nd Lt. Scott Kulle**  
C-17, McChord AFB, Wash.



**2nd Lt. Aaron Madison**  
RC-135, Offutt AFB, Neb.



**2nd Lt. Vernon Martens**  
C-17, McChord AFB, Wash.



**2nd Lt. Sarah Micklo**  
KC-135, Pittsburgh, Pa. (ANG)



**2nd Lt. Brian Moritz**  
C-17, Charleston AFB, S.C.



**2nd Lt. Omar Rashid**  
KC-10, McGuire AFB, N.J.



**2nd Lt. Todd Ruth**  
KC-135, Beale AFB, Calif.



**2nd Lt. Matthew Schnell**  
C-21, Wright-Patterson AFB, Ohio



**2nd Lt. Jeff Schrum**  
KC-135, Grand Forks AFB, N.D.



**2nd Lt. Wesley Stark**  
T-1, Laughlin AFB



**2nd Lt. David Wright**  
B-1, Dyess AFB



## Chapel Schedule



### Catholic

- Saturday* 5 p.m., Mass  
*Sunday* ● 9:30 a.m., Mass  
 ● 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall  
*Thursday* 6 p.m., Choir  
*Tuesday-Friday* ● 12:05 p.m., Mass  
 ● 12:05 p.m. and 7 p.m., Holy Days of Obligation

*Reconciliation* Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment

### *Religious Education/*

*Bible Study* 11 a.m. and noon Sunday

### Jewish

Call Max Stool at 775-4519

### Muslim

Call Dr. Mostafa Salama at 768-9200

### Nondenominational

- Wednesday* ● 7:30 p.m., National Prayer Breakfast in Chapel Fellowship Hall  
 6 p.m., Welcome dinner in Chapel Fellowship Hall  
*Friday* 7 p.m., Unity in Community Services

### Protestant

- Sunday* 11 a.m., General worship  
*Wednesday* ● 12:30-2:15 p.m., Women's Bible study at chapel  
 ● 7 p.m., Choir at chapel

**For more information on chapel events and services, call 298-5111.**

## The *XLer*



Photo by Airman Timothy J. Stein

### **1st Lt. Matt Gaines**

*84th Flying Training Squadron instructor pilot*

**Hometown:** San Antonio

**Family:** Parents, Roger and Robin Gaines; brother, Joel; sister, Joy

**Time at Laughlin:**

2 years, 10 months

**Time in service:**

3 years, 3 months

**Name one way to im-**

**prove life at Laughlin:**

Have an air carrier service out of Del Rio International

**Greatest accomplishment:**

Earning my wings

**Hobbies:** Golf, other sports

**Bad habit:** Hanging out with Biggie. He's not slim.

**Favorite film:** Star Wars

**Favorite band:**

Third Day

**If you could spend one hour with any person, who would it be and why?** Heath Gaines.

He's my brother who passed away when I was young.



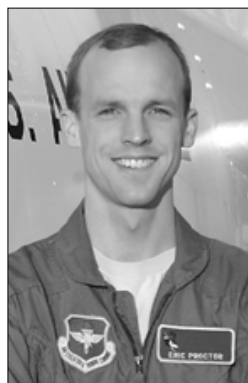
## What has pilot training meant to you?



### **2nd Lt. Charles Hebert**

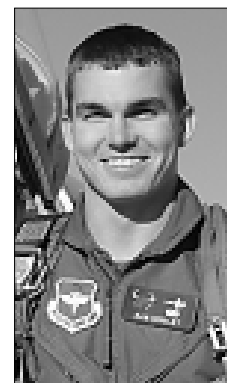
*Specialized Undergraduate Pilot Training graduate*

"Flying and friends."



### **2nd Lt. Eric Proctor** *SUPT graduate*

"A challenging roller coaster ride."



### **2nd Lt. Daniel Hingley** *SUPT graduate*

"Fulfilling my lifelong dream and having my friends there to help me through."



# Smokeless tobacco not safe

**By Dr. (Capt.) Steven Ledwig**

*47th Aeromedical Dental Squadron  
preventive dentistry officer*

Smokeless tobacco is not a harmless substitute for cigarettes as some people may believe. Chew, pinch or snuff, no matter what you call it, can cause many health problems, take a big bite out of your wallet and make your appearance suffer.

Here are some issues relating to using smokeless tobacco:

- Using a can of snuff a day can cost up to \$1000 a year.
- Sugars, used to make tobacco taste better, cause tooth decay.
- Sand and grit in the tobacco act like sandpaper and wear down teeth.
- Tobacco can irritate gum tissue causing it to pull away from teeth which not only looks bad but can leave the tooth or teeth hurting all the time especially when something cold or hot is in the mouth.
- Irritated gums can lead to gum disease, bleeding gums, bone loss and bad breath.

Smokeless tobacco has many more ill-effects on the body. Like cigarettes, smokeless tobacco contains nicotine, a chemical that causes one to crave tobacco.

Nicotine can also put a person at risk for heart disease later in life because of possible complications of increased heart rate and blood pressure.

A pinch of tobacco is loaded with other chemicals also – more than 28 cancer causing chemicals have been found in smokeless tobacco. These chemicals cause changes in the cells that make up oral tissues (gums), the lining of cheeks, tongue and lips – changes that could eventually lead to oral cancer.

Some possible signals that a person could have some symptoms or could be laying the groundwork for oral cancer include:

- Any sign of irritation, like tenderness and/or burning
- A developing sore, usually at the base where someone stores the tobacco
- A leathery, wrinkled patch inside the mouth
- White or grayish patches inside the mouth.

A person should see his dentist if he notices any of the aforementioned signals taking place in his mouths.

For more information on the effects of smokeless tobacco, call the dental clinic at 298-6331.

## Bowling standings

<u>Team</u>	<u>Points</u>	<u>Team</u>	<u>Points</u>
Boeing	98-54	Services	78-74
OSS	91-61	CE	70-82
47th FTW	84-68	SFS	55-97
DeCA	78-74	Commtracting	54-98



## Basketball standings



### Eastern Conference

<u>Team</u>	<u>Record</u>
84/85th Tweets	4-0
87th Talons	3-1
47th SFS	3-1
LSI	1-3
47th OSS(1)	1-3
Comptroller	0-4

### Western Conference

<u>Team</u>	<u>Record</u>
CES	4-0
86th Rios Lobos	3-1
LCSAM	2-2
Med Group	2-2
Support Group	1-3
47th OSS(2)	0-4

## XL Fitness Center hours

**Monday – Thursday: 5 a.m. to midnight**

**Friday: 5 a.m. to 8 p.m.**

**Saturday, Sunday, Holidays: 9 a.m. to 8 p.m.**